

Managing Stress

Freshman Seminar, Ellet High School

Stress is Normal. Everyone suffers from stress. The trick is to recognize the symptoms and do something about it. Students stress over school work, home problems, relationships, friendships, and competing with everyone else. There are those who cannot control their stress and it can lead to depression. We all get depressed; however the normal path is to find strategies to “bounce back.”

Here are some tips on handling stress:

Tell someone how you feel, write it down, draw how you feel, watch a happy video; talk to your pet; phone a friend; make something, help your parents, wash someone’s car; make a den in your room; go outside and shout; hug someone or something; write a story about what’s bothering you; read a book; tape record your thoughts; do a tricky puzzle; make a plan; think about things that have made you happy; have a bath; jump up and down 20 times; play football; bash a pillow; put on music and dance; laugh; have a good cry; look for the “pieces of gold” around you; connect with others; know your limits.

Avoid Stress. Probably the best way to beat stress is to avoid it! Students typically complain that they get stressed over grades. Learning study skills, like those taught in this handbook, can help you feel more successful and happy in school. Avoid getting burned out by trying to do too many things. Prioritize what is important. Your full time job is being a student. This needs to have your full devotion and attention. Of course, family, friends, and home are also important. You need to manage your time so that you can meet your obligations for school and family. Once you do this, you will find you are less stressed. Keep in mind, you do need to plan for relaxation time. One of the biggest problems high school freshmen face is time management and scheduling too much time for relaxation and fun over school work and home responsibilities.

Depression is Treatable. Sometimes we can’t “bounce back” when stress leads to depression. If you find that you are unable to stop feeling depressed, there is a possibility your body is suffering a chemical imbalance. This could be dangerous if not dealt with. You need to **talk to your parents or school counselor** if you feel your depression is out of your control. There are medical interventions to help break the depression.

Works Cited

Childstress. *Hot Tips—Beat Stress*. <http://www.childstress.com>

Counseling & Mental Health Center at The University of Texas. *Managing Stress*. <http://www.utexas.edu/student/cmhc/booklets/stress/stress.html#anchor79724>